

## WHAT IS THE VACCINE?

### Q What is COVID 19 vaccine?

**A** The vaccine helps to develop immunity to COVID 19 and prevent you from getting sick. The recommendation is everyone over 18 who is First Nations should get the vaccine. The goal is to create community immunity. <https://www.fnha.ca/Documents/FNHA-The-facts-about-COVID-19-Vaccines.pdf>

### Q How does the vaccine work?

**A** The vaccines being used in Canada currently have messenger RNA (mRNA). It is different than a flu vaccine. The mRNA creates a protein that your body replicates. It recognizes the COVID-19 virus when your body comes in contact with it and creates immunity. <https://www.fnha.ca/Documents/FNHA-What-You-Need-to-Know-About-the-COVID-19-Vaccine.pdf>

### Q How many doses do I need?

**A** Two doses. The first dose acts as a primer, your body recognizes it and builds some immunity. The second dose boosts your immunity to provide longer coverage. After the second dose you likely have 95% protection. We are unsure how long this protection lasts as studies are ongoing.

### Q How far apart are these doses?

**A** Currently Dose 1 and Dose 2 are spaced 28-42 days apart. If you receive your second dose late, you do not need to repeat a dose.

### Q What are products available?

**A** Two products: Pfizer and Moderna.

### Q Do I need the same product for both doses?

**A** Yes, there haven't been any studies yet to support giving a different vaccine for each dose.

### Q How many doses will we receive?

**A** FNHA has taken a 'whole community' approach, so you should receive enough vaccine to vaccinate everyone living and working in the community.

### Q What is the goal for community immunity to reach herd immunity?

**A** Early on we heard about 70% of people need to be immunized to reach herd immunity. Due to some variants in other parts of the world, we may see a change in this number.

### Q Will we need to get this vaccine annually?

**A** We are not 100% sure. Likely this virus will mutate over the next few years. It may be a vaccine that will need to be administered again in the future. Many brilliant minds are at work to better understand how long the protection from the vaccine will last. This answer will evolve.

### Q What are the contraindications or who should not get the vaccine?

**A** You should not receive the vaccine if you have had an anaphylactic reaction to the vaccine or any components. One component that has caused some increased reactions is **polyethylene glycol** (PEG) If you are allergic to this you should not get the vaccine.

### More questions?

Contact Brittany Groff, Community/Public Health Nurse, Ktunaxa Nation Council  
Office Phone: 250-420-2700 ext. 3025 [BGroff@ktunaxa.org](mailto:BGroff@ktunaxa.org)  
Clinic: 220 Cranbrook Street North, Cranbrook BC V1C 3R2 • Hours: Monday-Thursday 8-5pm MST

## WHEN WILL IT ARRIVE?

### Q When will we receive vaccine?

**A** The goal is to have all First Nations communities immunized by the end of March, 2021. The Province of B.C has released a document that describes the four phases of vaccine roll out which includes individuals living outside of First Nation Communities.

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/vaccines>

### Q How much notice will community get before vaccine arrives?

**A** The hope is a for couple of weeks, but the reality in other communities has been **one to two days**.

### Q How long will vaccine stay in community?

**A** Likely seven days.

Some communities are reaching out to see who is interested in the vaccine. It's important to be aware *the vaccine will only be available for a limited time in community*.

If you are unsure if you want to receive the vaccine, speak to your community health nurse.

### Q When will urban/away-from-home First Nations people receive the vaccine?

**A** Depending on age cohorts, likely through the summer and into September. FNHA is working with Interior Health to advocate for First Nations people to be included in earlier stages.

### Q Where are we at in terms of vaccine roll out in community?

**A** All of the supplies needed to administer vaccine have been ordered. KNC has **eight nurses** who have been trained to provide vaccine who will collaborate with the community health nurses to run community clinics. Some of the communities have been hard at work speaking about the vaccine to community members and answering questions.

## LOGISTICS

### Q Do I need to wear a mask after my vaccine?

**A** Yes, even after your second dose, it is important to continue to wear a mask and take your usual Covid precautions. Likely in the fall if we have enough people immunized we may see some reduction in the public health orders. Getting the vaccine is a small step towards the light at the end of the tunnel.

<https://www.fnha.ca/Documents/FNHA-After-You-Get-Your-COVID-19-Vaccine.pdf>

### Q I don't have a car and will need a ride to my community vaccination clinic.

#### Is this possible?

**A** Yes! If you need a ride, connect with your community health nurse.

### Q When will it be safe to visit my community? I live far away.

**A** Visiting restrictions will be relaxed likely the same ways they were tightened based on the level of Covid in our communities. When cases spike restrictions get tighter, as there become less cases there will be less restrictions. As a whole it may be September or later until visiting restrictions in community are lifted.

### More questions?

Contact Brittany Groff, Community/Public Health Nurse, Ktunaxa Nation Council

Office Phone: 250-420-2700 ext. 3025 [BGroff@ktunaxa.org](mailto:BGroff@ktunaxa.org)

Clinic: 220 Cranbrook Street North, Cranbrook BC V1C 3R2 • Hours: Monday-Thursday 8-5pm MST

## **SAFETY**

### **Q Can everyone receive the vaccine?**

#### **I have some health conditions.**

**A** If you are pregnant, breastfeeding or immunocompromised and have questions, speak to your health care provider. The vaccine is safe for people in these categories. You can speak to your community health nurse if you do not have an opportunity to speak with your doctor. If you are immunocompromised you may be told your body may not build the same immune response as someone with a healthy immune system. You may get less protection from the vaccine. If you are pregnant or breastfeeding it is safe to receive the vaccine. In clinical trials there were some people who were unknowingly pregnant when they received the vaccine. They are being monitored and have had no negative effects.

<https://immunizebc.ca/covid-19-vaccine-frequently-asked-questions>

### **Q What are the reactions/side effects?**

**A** Some common side effects include soreness, redness and swelling where the vaccine was given, tiredness, headache, fever, chills, muscle or joint soreness, nausea and vomiting. These side effects are mild and generally last 1 to 2 days. They are very common with any vaccine. The current risk of a severe allergic reaction from the Moderna vaccine is 2 people per one million doses. This is due to the component polyethylene glycol (PEG). Medication to treat anaphylaxis is available at every clinic location and the nurses are trained to recognize and treat it.

<https://www.fnha.ca/Documents/FNHA-After-You-Get-Your-COVID-19-Vaccine.pdf>

### **Q What is the risk of having an anaphylactic reaction?**

**A** For Moderna vaccine the risk is 2.3 people reacting per 1,000,000 doses given.

### **Q Are there fish components in the vaccine? I have a fish allergy.**

**A No.** There are no fish or fish components in the ingredient list.

### **Q Why has the approval process been so quick?**

**A** The entire world is focused on this vaccine so that is why it has been developed fairly quickly. The bureaucracy has been fast-tracked and the vaccine has still gone through the same approval process and clinical trials as any vaccine to ensure safety.

### **Q Is “mRNA” new?**

#### **I haven't heard of other vaccines having this.**

**A** The development of vaccines using mRNA has been studied for about the last 10 years. This technology is not new and was not invented this year. mRNA has been tested for use for cancer vaccines and Zika virus vaccines.

A product monograph is available on the Moderna website : <https://covid-vaccine.canada.ca/info/pdf/moderna-covid-19-vaccine-pm1.pdf>

### **Q Is there going to be a live attenuated vaccine that will be available in Canada?**

**A** Likely not, no live vaccines are being developed right now for COVID-19. There are other vaccines that are not live undergoing the approval process in Canada.

### **Q What are neighbouring provinces doing in terms of vaccine roll out? Is the vaccine distribution plan the same in Alberta as it is in B.C.?**

**A** Yes, Alberta is taking a similar phased approach as B.C.

#### **More questions?**

Contact Brittany Groff, Community/Public Health Nurse, Ktunaxa Nation Council

Office Phone: 250-420-2700 ext. 3025 [BGroff@ktunaxa.org](mailto:BGroff@ktunaxa.org)

Clinic: 220 Cranbrook Street North, Cranbrook BC V1C 3R2 • Hours: Monday-Thursday 8-5pm MST